



ODES

Instructions: The Ottawa Disordered Eating Screen asks questions about food, bodies, and eating. Please circle the option that best describes how often this may have happened in the last 4 weeks.

In the last 4 weeks, how often did you...						
worry so much about your weight, shape, or muscles that you couldn't get it out of your head?	Never	Rarely	Sometimes	Often	Always	
not eat, or eat in a way to change your weight, shape, or muscles?	Never	Once or twice	Once or twice each week	3 or 4 times each week	5 or 6 times each week	Daily or almost daily
binge on food (eaten what other people would say is an unusually large amount of food such as a whole litre of ice cream, in a few hours?)	Never	Once or twice	Once or twice each week	3 or 4 times each week	5 or 6 times each week	Daily or almost daily
feel like you couldn't stop eating or couldn't control how much you ate?	Never	Once or twice	Once or twice each week	3 or 4 times each week	5 or 6 times each week	Daily or almost daily

Please note: The ODES tool is free to use, provided that appropriate citation is included in all applications and publications. The contents of both the English and French versions, including the statements, items or scoring, cannot be altered, adapted or modified. To preserve validity and accuracy of the instrument, if you are interested in translating this tool, please seek permission from the authors. Please note, the ODES is a self-report screening tool and does not replace clinical judgement.



Scoring Instructions for ODES

The ODES scoring system is designed to assess the risk of disordered eating by evaluating two main domains: the **cognitive domain** and the **behavioural domain**.

The cognitive domain is measured by **item 1**, which assesses preoccupation with food, body, shape, weight and/or muscularity.

The behavioural domain is measured by **items 2, 3a and 3b**:

- **Item 2**, which assesses restrictive eating patterns, and
- **Items 3a and 3b combined**, which assess binge-eating behaviours.

In the last 4 weeks, how often did you...						
Item 1. worry so much about your weight, shape, or muscles that you couldn't get it out of your head?	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always	
Item 2. not eat, or eat in a way to change your weight, shape, or muscles?	(1) Never	(2) Once or twice	(3) Once or twice each week	(4) 3 or 4 times each week	(5) 5 or 6 times each week	(6) Daily or almost daily
Item 3a. binge on food (eaten what other people would say is an unusually large amount of food such as a whole litre of ice cream, in a few hours?)	(1) Never	(2) Once or twice	(3) Once or twice each week	(4) 3 or 4 times each week	(5) 5 or 6 times each week	(6) Daily or almost daily
Item 3b. feel like you couldn't stop eating or couldn't control how much you ate?	(1) Never	(2) Once or twice	(3) Once or twice each week	(4) 3 or 4 times each week	(5) 5 or 6 times each week	(6) Daily or almost daily

Recommendations for use of ODES in healthcare settings (traffic light system):

Using the traffic light system, a **positive screen** occurs when a person scores in the **orange or red zones** on the cognitive domain (item 1) **OR** behavioural domain (item 2 **and/or** items 3a and 3b combined).

High Risk/Red	Has red scores on BOTH cognitive and behavioural domains	Recommend further screening/assessment, including medical assessment.
Moderate Risk/Orange	Has orange scores on BOTH cognitive and behavioural domains OR If scores are in the red or orange zone for EITHER cognitive or behavioural domains	Recommend further screening/assessment.
Low Risk/Green	Has green scores on BOTH cognitive and behavioural domains	Recommend no further screening/assessment.
*Note: this scoring guide does not replace clinical judgement		

Recommendations for use of ODES in surveillance:

A **total score of 7 or higher when summing the 4 items** indicates the individual is “at risk” for disordered eating.